



HI HUB

hilights

A MAGAZINE FOR HISTON & IMPINGTON



Summer sports

**What's on at
the Rec | p12**

Propagation and planting

Getting growing | p27

Your Council

**Goals and
achievements | p7-10**

Photo: Tree canopy at Homefield Park, Impington ©Trevor Lee Photography



GETTING TO KNOW
Praduman Zala | p34



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wellbeing | p25**

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Latest news

Long service, strong legacy

Dedicated community volunteer

Cedric Foster is leaving the village for Cambourne, and after fourteen years of steadfast service he has passed the baton for several initiatives that he has been leading over the years. Yvonne Murray will head up the litter-picking team, holding the equipment and spare bags, and hosting the 'Big Tidy Up' events. Roger Clarke will be the coordinator for the community planters around the village, and volunteers at The Men's Shed will continue to do any maintenance work needed. The HIGHLIGHTS distribution volunteer team is now being coordinated by HI HUB. Contact Yvonne Murray at yvonne_murray@narrowlane.co.uk, Roger Clarke at rogerw.clarke@googlemail.com and HI HUB at admin@hihub.info.



All hands on shovels

100 volunteers are needed to turn out for the village's first Community Tree Care Day on Sunday 14 April, from 10am-3pm in the Chivers field near the Holiday Inn and B1049. Dan Mace, Chair of the HI Trees group, is coordinating the event.

He said: "There are 1,200 young trees planted on that site. On the whole they are doing well and should grow into a new woodland. But to give them the best possible start they need weeding and mulching, otherwise the saplings will be choked by weeds.

"It's not a job that needs green fingers – it's more like 'all hands on shovels'. We simply need (a lot of) people to pull weeds up from immediately around a tree, stomp the weeds down in a circle 50cm from the tree, put a pile of mulch on this circle... then move on to the next tree!"



Dan Mace

"You can come for the whole day, or perhaps an hour... or even 30 minutes. Just turn up on your own, with family or friends, or if you're part of a club, church, committee or company, then why not come along in a group!"

Contact Dan Mace for more information. e: danrmace@gmail.com

Park Primary parking plight

Residents in despair at parking on residential streets while dropping and collecting children from Park Primary school are calling for action. Campaigners are especially concerned about disruption and danger on Narrow Close, where vehicles are manoeuvring in the road while pedestrians and cyclists try to reach the school safely from the south of the village.

To share experiences of the situation email parkparking@exospan.com.

Search for footballing history

Histon FC is hoping to piece together the origins and development of the club - and needs your help. Records of seasons before the year 2000 are proving hard to find, so search your loft and turn out those drawers if you think you might have any programmes, fixture lists, newspaper cuttings or anything else that can be scanned to add to a digital archive.

Several players who represented the club in the 60s, 70s and 80s are still around today to talk about what went on in days gone by, but the club holds very few documents. Match Day Secretary John Payne explained: "We now have all the league tables going back to when the club first started playing league footie in the 1920s. Sadly they show it was a very long time before the club actually won anything significant! Steve Fallon made up for lost time, but it took the club 100 years to make any kind of impact.

"The 'Holy Grail' would be finding match programmes or something similar from the period between the wars, but any records will be equally well received."

To offer information email enquiries@histonfc.co.uk or visit the club office on a match day.

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We now have two new barbers working Fridays and Saturdays

News review

Keep up to date with what's happening near you with this handy snapshot of stories you may have missed over the past few months.



To read these and other news stories in full, go to www.hihub.info/news or scan the QR code

Hornets buzzing as girls aim to rewrite history

Histon Hornets U16 girls have secured their place in the Cambridgeshire league cup final for the third year running.



New premises to enhance policing for the south of Cambridgeshire

Preparatory construction work begins on a major new police station to serve the south of Cambridgeshire, replacing outdated facilities at Parkside Police Station.

Active travel route to Landbeach nears completion

Stage one of the development of Mere Way footpath has been largely completed, creating a surfaced route between the Busway and Landbeach.



IVC scraps proposed changes to admissions policy

Proposed changes to the Impington Village College (IVC) admissions criteria have been withdrawn following a community-wide consultation.

Pothole priorities to focus on personal safety

Potholes that create hazards for cyclists and pedestrians will be given top priority in future, and pedestrian barriers on streets in the village could be removed to improve safety.

County to reinstate weed killing after policy review

Chemical weed killing is due to start again in the village after Cambridgeshire County Council found that the policy of physically removing problem weeds only was not delivering the benefits they had hoped for.



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Pharmacy prescribing begins in the village

Pharmacies in Histon & Impington can now prescribe medication – including antibiotics – for some common medical conditions.

Your wellness starts with us

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Safety first

The Highways, Drainage and Formal Spaces Committee are pleased to see the introduction of a 20mph zone in the parishes this month. Many thanks to all those who completed the questionnaire while this was in the planning stages.

Community support allowed us to gain a significant increase on the County Council's initial proposal, including 20mph stretches near both primary schools. Research shows that you are seven times more likely to survive if hit by a car driven at 20mph, compared to 30mph. This improved safety was supported by 74% of respondents outside Park Primary and 79% of respondents at Brook Primary and the crossroads at The Green. Studies show that people are more inclined to walk or cycle when motor vehicle speeds are lower. Our survey suggests over half of respondents would be more likely to cycle with the 20mph zone (53%) and more than a third said the same for walking (29%). This shift to sustainable modes will reduce CO₂ emissions and local pollution. The Committee will continue to monitor the current situation in case tweaks are needed with the implemented scheme.

Barriers

An investigation by the County Council, at our request, into proposals to remove barriers for improved access has been conducted. The report finds no major safety concerns with any of the suggested removals and County Highways officers agree with many of our suggested revisions. Members of the Committee are currently prioritising the proposals into a schedule of work, either for completion as a Parish or County project, or for action within the regular maintenance program. The removal or improved design of these barriers will be a significant contribution to the Histon & Impington Neighbourhood Plan's Priority 14 for better local walking and cycling routes.

Junction improvements

Our bid to the County Council to improve the junction of Station Road and the High Street for walking and cycling was unsuccessful in the previous funding round. However, this



proposal has support from the community as shown in the survey conducted in 2023 and remains a key priority for active travel within the village. As such, we are taking this forward again for the 2024/25 round of funding and have been working with County Council officers to improve the project's chances when considered for approval by County Councillors later in the year.

Elsewhere the Committee is looking to collaborate with our colleagues from the Nature & Biodiversity Committee to improve our allotments sites. We will explore ways to improve the sites for our existing tenants, find ways to encourage new tenants and explore options for using unrented plots. Residents have suggested use for a community farm project or a natural burial ground. We will look at these options and present ideas for consultation.

Fire action plan

With all the wet weather of late, developing our Flood Action Plan remains top of our mind, though with hot dry summers also a possibility we would like to start a Fire Action Plan. If anyone has expertise or an interest in volunteering for either of these projects, we would love to hear from you. Please get in touch via the contact details provided.

Cllr Tom McKeown, Chair, Highways, Drainage and Formal Spaces Committee

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Opening hours

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01223 235906



hisimp-pc.gov.uk



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Telephone 01223 235906

Council & Committee Meetings

See website for details
www.hisimp-pc.gov.uk

All meetings held in the Recreation Ground Community Room.

Dates

Finance, Governance and Legal
7.30pm Monday 15th April 2024

Planning and Development Consultation
7.30pm Tuesday 23rd April 2024

Nature and Biodiversity
7.30pm Tuesday 30th April 2024

Annual General Meeting
7.30pm Monday 20th May 2024

Committee meeting dates are subject to change. Notice of changes are posted on the website and events page at www.hisimp-pc.gov.uk



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The day-to-day life of the Parish Council

Chair Yvonne Murray gives an insight into her Council diary.

A lot of the work of Histon & Impington Parish Council (HIPC) recently has focused on improving budgets, spending requests, and the processes linked to them. When considering what to write for this edition, I referred to the three previous editions of HILights, our latest Full Council draft minutes, and the documents and conversations from our Donations & Grants Working Group. All provided a rich and detailed source of information. I also looked back at the discussions and processes around the purchase of Long Meadow and the Croft Close Set Aside, later taken over by Histon & Impington Green Spaces (HIGS). This funding request was one of the most complex HIPC has recently considered and took over 12 months to finally approve. Chairing the HIGS meetings and Council's consideration of spending public money was challenging. I had no idea of how the discussion would go, and a lot of work was undertaken by Councillors and HIGS trustees over many months to gather and provide supporting information. HIGS is now going from strength to strength, supported by many residents including continuing collaboration with HIPC Nature & Biodiversity Committee.

Driving change

Since I joined HIPC it has been my privilege to collaborate with many Councillors and staff with diverse perspectives who freely give their time, their passion, and their skills, much of this unpaid. I also now see many more Councillors with full-time jobs willing to navigate their way through the many detailed guidelines applicable to Parish Councils. They do this to make a difference in the place that matters most to them - the place they live, where many of them work, and where

many bring up their children. Many of us bring topics to the role of Councillor that mean a lot to us.

In addition to collaborating with Councillors and staff, HIPC are pleased to welcome an increasing number of members of the public who bring requests to Council for support of local issues and services. Parish Councils are increasingly funding local services as some historical County and District Council funding is being withdrawn. January's Full Council agenda brought requests to support the Wellbeing Team from HI Friends; Youth provision by The Connections Bus Project; The Village Warden Scheme from Age UK; and an initial request from Camtrust for support of one of their projects. Many of you will benefit and feel a special connection to these services. In addition, HI Hub have also submitted a request for HILights magazine, to support their communication of services and local businesses to our residents before the current contract with the Parish Council ends in May.

Together with many Councillors I am also often invited outside of Council meetings to chat with village residents and groups to further understand the challenges and opportunities for their groups. Almost always we also discuss the frustrations they feel about getting their goals across the line. I sat in the Red Lion a few weeks ago with a resident who told me they were often awake at 3am in the morning trying to find a solution and a way forward for a village organisation they were part of. This village champion had been prepared to give up other interests to do their utmost to meet the challenges they saw in front of them. Without understanding and some tough discussions then it is likely many of these opportunities will fall short of our aspirations. I know this Council will not let that happen and are working hard to deliver solutions.

Increasing opportunities in Histon & Impington?

The amazing passion and persistence of friends and neighbours that I see in front of me at every meeting is, I believe, the very reason that Parish Councils have come to mean so much. When I started in April 2019, I had no idea of the purpose or relevance of Parish Councils to me or my family.

Here are some of the goals and achievements delivered by our committees. Are they relevant or important to you?

• **Finance, Governance & Legal Committee**

- Itemised transparent Budget for 2024/2025
- Increasing overview of projects put forward for funding
- Projects reviewed earlier by Committee to ensure they are within budget
- Increasing speed of decision-making
- Transfer to Scribe Software for improved transparency and reporting of finance items
- Review of Asset Management software
- Development of Service Level Agreements
- Short-term consistent solutions
- Identification and development of required long-term consistent process and policy.

• **Nature & Biodiversity**

- Increasing presence of this Committee to encourage consideration of Nature, Biodiversity and Climate Change
- Reinforcing Climate Emergency called out by the Parish Council in 2019
- Collaborating and working as a partner with organisations in our villages
- Planting daffodil bulbs to increase the beauty of our villages and to encourage young people of the possibilities of

- Nature and Biodiversity
 - Data gathering of Nature and Biodiversity in our villages to support decision-making.
- Highways, Drainage & Formal Spaces**
 - Change of name from Land, Assets & Infrastructure to better define purpose of the committee
 - Clear projects and priorities identified for this committee for 2024/2025
 - Consideration of strategic opportunities to be included on radar of Full Council
 - Increasingly working across tiers of government on larger scale projects including Highways to address, for example, the safety of the A14 Junction, agile changes in application of yellow lines in the village
 - A focus on the need for an Asset Register to drive priorities and further improve budgeting.
- Wellbeing Recreation & Leisure**
 - Considering best practice operation for future of formal sports and recreation
 - Recreation Development Group working to future-proof capacity for sports requirements going forward
 - Data gathering, working with Recreation Ground users to understand costs for new facilities, terms, and conditions for existing facilities, and comparing charges from other parishes
 - Using information to make sure facilities are developed and maintained to meet the demands of residents in both capacity, quality and sustainability
 - Benefitting from significant expertise and support from HIPC staff team to support day-to-day operations of sports and recreation for people of all ages
 - Other areas of the village developed e.g. School Hill Manorial Waste ground.
- Planning**
 - Meeting frequently to ensure that all village planning applications are reviewed.
 - Developing Planning Policy to increase

- consistency of our planning responses
- Supporting public meetings and facilitating public feedback on large scale planning applications
- Increasing weight of HIPC recommendations to support our residents using Histon & Impington Neighbourhood Plan and Village Design guide, voted for by our residents and passed by South Cambs District Council
- Continued review and revision of the Neighbourhood Plan.
- Employment & Transformation**
 - Meeting as needed to support our staff decisions and wellbeing
 - Carefully considering how we future proof our staff roles for the future
 - Considering and empowering career development and potential for our staff
 - Ensuring that guidelines and wellbeing policies and procedures are in place for safeguarding Staff and Councillors.

Could we do better as a Council?

Yes, of course. One of our new Councillors recently said: "I am still learning." We all are! The Council teamwork I have seen over the last few months is an important work in progress. At our last Full Council meeting, three Councillors were confident enough to amend an original motion, building on that of their fellow Councillors. A revision of an agenda motion in a meeting is not easy. It takes time, concentration and indeed courage to make such a change.

There was something more extraordinary for me in that meeting. Each Councillor used information provided by the organisation requesting funding to consider the changes they were making to the motion. There was reference to Council budget spending, resulting in a short-term recommendation to allow the organisation to get on with the job. A long-term project was also agreed to ensure future requests can be dealt with by policy with efficiency and consistency, decreasing the time taken by Council to approve.

A not so extraordinary incident for the staff team!

As I said earlier, much of the work of the council is unpaid. Much of this work is also unseen. As an example of this, on Sunday 25 February

at 9.13am, I received a message from a friend on Facebook. The message read: 'Hi, I'm at Impington Rec and my friend is locked in the loo. Do you know who we'd call? Sorry to pest you on a weekend but hoping in your parish council duties you might know x.'

This type of message is not rare for Histon & Impington Parish Council. I replied and immediately sent a message to Trevor, Head Parish Ranger, and Chelsea, our Clerk and Executive Officer. A response came from Chelsea at 9.17am. to confirm Trevor was on his way. I contacted my friend to let her know. She replied that she thought they would need to call the Fire Brigade, because they had tried everything. At 9.32am I received a message from Chelsea: "All dealt with – need a new lock on the door". Trevor was on site and Chelsea was there too, monitoring via CCTV. The lady and her friends were so grateful and continued with their day. The Parish Council only had a lock to replace rather than an entire door, which would have been the result of the Fire Brigade intervention. This whole incident was resolved in less than 30 minutes.

I am not often involved in these requests that require speed of reaction, skill and experience to resolve. Thank you to Trevor for breaking the lock and releasing the door and Chelsea for reacting so quickly.

Could we do better together as a community?

Yes, of course. We are all still learning. Histon & Impington Parish Council are maintaining the status quo for our community but with the courage and determination to challenge it every day. Decisions that can be most effectively made at local level are needed for all our families. Working together with the right information, due diligence and different perspectives we can achieve so much.

Thank you 'Team Histon & Impington'. Let us do better together.



Cllr Yvonne Murray,
Histon & Impington
Parish Council Chair

Nature & Biodiversity: community projects



The Nature & Biodiversity Committee arranged two bulb planting sessions through the winter. Many thanks to all the community volunteers who turned up to plant.

Daffodils are now growing around the Grandfather & Grandson sculpture, by the entrance to Park Primary School, near the war memorial and around the Camel sculpture. As we write, these are starting to make an appearance, with a splash of yellow flowers expected very soon. Please keep an eye out for these, and also let us know where you think we could plant more spring flowers, since we would love to repeat the exercise this coming winter.

David Dives, local botany expert, spotted invasive holm oak saplings in Histon Wood, also known as the WI Wood, which is across the Guided Busway from Manor Field and the Community Orchard. Holm oak is a big, fast-growing evergreen tree species from the Mediterranean, which has the potential to shade out the native trees which were planted in the 1990s, as well as all the ground flora in the wood.

Sarah Smith, Chair of the HIPC Nature and Biodiversity committee, catalysed a group of interested wildlife experts to decide what to do about the problem and negotiated with the landowner, the County Council, to get permission for the work. David Dives led two work parties in January and February, attended by 22 and 18 volunteers respectively, including some enthusiastic children. A grand total of 1,325 saplings were removed, ranging from seedlings of a few centimetres to well-

rooted saplings about 5 metres tall. Please get in touch with the Parish Office if you are interested in helping with any future work in Histon Wood.

The Committee has also been reviewing and planning for tree works elsewhere in the village. While it is always sad to lose an established tree, the Parish Council has a duty to ensure that trees within its public spaces are safe for residents and property nearby. Council members, our Tree Officer and tree work contractors have been working closely together to ensure these works are conducted with sensitivity to the Parish's nature and biodiversity targets. For example, where a tree which has been identified as a risk due to old age, the removal of its limbs only may be enough to make it safe. This can then allow reinvigorated growth or possibly allow the trunk to decay naturally as a habitat for insects and fungus that live upon old wood.

Where an identified communicable disease is the cause for decline, the whole tree, including the stump and risings, will need to be removed to prevent further spread of the disease and protect nearby trees. In some places we will additionally trial leaving some of the risings, the branches or trunks removed, in location. By allowing some untidiness in less formal areas we can add value through the introduction of decaying wood as habitat and food source. Details of all the tree works will be communicated on the Parish Council website.

Cllr Tom McKeown, member of Nature & Biodiversity Committee

Parish Councillors

Chair:

Yvonne Murray – Narrow Lane 237173

Vice Chair:

Edd Stonham – Normanton Way 564534

Councillors:

Joseph Adam – Mill Road c/o 235906

Sarah Allen – Cambridge Road c/o 235906

Aga Cahn – Hereward Close 232186

Steve Carrington – Nuns Orchard c/o 235906

Jennifer Crockford – Park Avenue c/o 235906

Walter Davey – Park Avenue 234210

Neil Davies – Dwyer Joyce Close 232514

Christopher Hobbs – Lawson Close c/o 235906

Simon Jocelyn – Villa Place 232241

David Legge – Villa Road 233565

James Leonard – Henry Morris Road 561434

Tom McKeown – Normanton Way c/o 235906

Geoff Moore – Mill Lane 235758

Denis Payne – Impington Lane 233577

Sarah Smith – Saffron Road c/o 235906

Joe Uttridge – New Road c/o 235906

Louise Wilbraham – Merton Road c/o 235906

Parish Councillor email addresses are name.surname@hisimp-pc.gov.uk or can be found at www.hisimp-pc.gov.uk

County Councillor

Ros Hathorn – Cambridge Road

07548 745197

Ros.Hathorn@cambridgeshire.gov.uk

District Councillors

Pippa Heylings – Burrough Field 07837 228416 cllr.heylings@scambs.gov.uk

Martin Cahn – Hereward Close 07826 748407 cllr.cahn@scambs.gov.uk

Sunita Hansraj – Orchard Park 07584 671322 cllr.hansraj@scambs.gov.uk

Community in action

DON'T MISS... Every spring/summer, a series of popular events on the village calendar are met enthusiastically by the whole community. Here are some key dates for your diary.

H&I BIG Weekender '24

Friday 14 June and Saturday 15 June, Impington Recreation Ground

Enjoy summer festivals, but not so keen on the long drive and wet camping? Now you can have all the fun of a festival right here on your doorstep, without the hassle of putting up your own tent.

H&I BIG Weekender '24 is a mini festival of music and comedy over two nights on 14 and 15 June, in a marquee on Impington Recreation ground. This locally-organised weekend features bands and comedians, as well as food trucks and a licensed bar.

On Friday, Plugged In! will be playing Indie classics with support from local band, Nothing But Nineties and, on Saturday night, there will be a Custard Comedy Marquee featuring four acts, headlined by comic Andrew Maxwell.

Tickets for each event are £15, or you can buy a Weekender ticket for both events for £27.

www.eventsontherec.co.uk



Nothing But Nineties

Histon & Impington Dementia Week

Saturday 18 May to Saturday 25 May, various locations

Organised by HI Friends, this week of events for the whole community will promote awareness and understanding of dementia. Events are aimed at all ages, including a visit from mood-boosting therapeutic miniature donkeys and a dementia choir's concert.

There is also a chance for local businesses to attend Dementia Awareness training over breakfast, and a Living with Dementia Virtual Experience, guided by an expert trainer. There will also be a plant sale, Memory Loss Wellbeing walk and trishaw rides, Bramley Court open day, dementia information stalls, Any Questions session, tea party and film showing.

The programme may be subject to change. Visit www.hifriends.org.uk or email info@hifriends.org.uk



Brian Whitehead

Open Gardens 2024

Sunday 16 June, village-wide

This village-wide floral celebration takes place again in June. Garden lovers can explore around 16 stunning village gardens of all shapes and sizes. As well as enjoying the greenery, visitors to the participating gardens can enjoy tea and cake and live music, and there's a plant sale to tempt everyone to get growing (see page 27). The event is run in support of four charities: The Trussell Trust, Histon & Impington Green Spaces, Crafts Hill District Explorers and Histon & Impington Feast.

Programmes for the event are £5 in advance and are available from the end of May at Station Stores, Topiary Tree, Histon Post Office, Gin House Flowers and St Andrew's Café. There will

also be a stall selling programmes on the Green on Saturdays 1, 8 and 15 June. Or you can pick one up on the day for £6.

Visit www.opengardens.org



Brian Ing

Histon & Impington Feast

Saturday 29 June to Sunday 7 July

The annual Feast Festival is taking shape with a host of fun fundraising events planned, kicking off with the ever-popular flower festival and cream teas at St Andrew's Church, Histon. Other events will include a Big Band concert by local group 78rpm; and the week culminates with the Feast Market on The Green.

Every year this community event raises thousands of pounds to support local groups, organisations, and charities. Watch out for event updates on HI HUB 'What's On' section. www.hisimp.com/feast

Open Studios

Weekends 6-7, 13-14, 20-21 and 27-28 July

July's warmer weather (hopefully!) offers the perfect opportunity to stroll around Histon and Impington and take in some fantastic art while you're at it. And this year's Cambridge Open Studios event has an extra golden glow as the community of more than 500 artists celebrates its milestone 50th anniversary with its biggest ever festival.

Every weekend in July, H&I residents can go behind the scenes at local studios, browse unique art works, participate in live demonstrations, tutorials and workshops, and even buy exclusive pieces of art directly from the artists.

The range of art on display here in the village includes painting, printmaking, glass art, woodwork, sculpture, photography and more. Entry to Open Studios is free. For details of participating local artists, visit www.camopenstudios.org

Flora, fauna and fabric

Sat 4 to Mon 6 May, Histon Methodist Church

At the village Quilt and Flower Festival, colourful quilted creations and beautiful blooms will be on display for the public to enjoy alongside an exhibition of paintings by local artist, Min Warren. The festival runs from 10am to 4.30pm (2pm to 5pm on Sunday 5 May). Entry is free but organisers welcome donations to Histon Methodist Church and the Cambridge Cancer Research Hospital.

Secrets of Doggerland

Monday 15 April, Histon Baptist Church and Zoom, 7.30pm

A flagship event from Histon and Impington Archaeology Group (HIAG) will see local expert Dr James Walker reveal the secrets of the lost, submerged prehistoric landscape of Doggerland. HIAG has joined forces with the Fen Edge Archaeology Group, supported by the Prehistoric Society, to tell us more about an area of dry land that linked Britain to mainland Europe before rising sea levels around 20,000 years ago caused the land to be submerged beneath the North Sea. Book at www.hiarchaeology.wordpress.com

Community in action

Bike club's big birthday bash!

This June, if you see anyone whizzing through the village wearing lycra and popping party poppers as they go, they're probably part of HI Bike Club's big birthday bash!

The club will be celebrating its 10th birthday with a party on the Green on 2 June starting around 12.30pm following a social, sedate ride that looks set to be the largest group ride the club has ever done. Former club members are invited to join, as well as anyone with a bike from the village... The route will be around a 45-mile loop starting at 8.30am from the pump at the Green.

The party afterwards will have plenty of refreshments, as well as cake for all. Look out for updates at www.histonimpingtonbicycleclub.org.uk

Everyone for tennis



There's no better time to think about playing tennis than at the start of the summer season, when the grass courts open at the Rec and Histon Tennis Club serve up their new menu of tennis and social activities for all ages and abilities.

The club will be holding an Open Day on 4 May from 2pm, where club members and coach David Nation will be making sure that anyone interested in playing can take to the court with others of a similar standard, so no one needs to feel intimidated. There will even be rackets to borrow, so anyone with a pair of trainers can give it a go.

Weather permitting, the courts will be open to members from mid-April. Current members, former members and would-be members are welcome to come along and get a taste of what this friendly community club is all about. There's a whole season of Wednesday evening social tennis ahead, as well as popular Club Sundays once a month.

For those who like to compete, there are singles and doubles club tournaments, and men's, ladies' and mixed teams that play in local leagues.

More details at www.histontennisclub.co.uk

Get set for a sizzling summer of sport

Dust off your running shoes and get ready to sweat, as the Flaming June Half Marathon & 10k run returns to the village this year. Organised by the charity HI Friends, with support from HI Runners, the Flaming June Half Marathon is on Sunday 9 June at the Rec and starts at 9.15am. The 10k run starts at 9.45am.

Entrants are welcome to this popular event in the following age categories: Under 18, under 40, under 50, under 60 and 60+. The minimum age for the half marathon is 17 years, and 13 years for the 10k run.

Online registration is at www.theflamingjunehalf.co.uk



pyrocam on VisualHunt.com

Roll up for croquet

If you've ever fancied taking up a leisurely activity in the quiet outdoors, croquet could be the sport for you. The Village Croquet Club meets at the Recreation Ground in summer to play either Golf Croquet, the simplest version of the game, or Association Croquet, which is a more tactical and strategic game, played either as singles or doubles.

The summer season starts on Monday 22 April and runs to 8 September. Club roll-up sessions take place on Tuesday and Thursday afternoons and once a month on a Sunday, when players can join in without having booked. New players are always welcome to join the club and all equipment is provided.

Visit www.hicroquet.wordpress.com

Girls get their claws into cricket

Nothing says summer like the crack of a cricket bat against a ball – and now there's an opportunity for the younger members of our community to get involved too.

The newly-formed Histon Hawks, part of Histon Cricket Club, is welcoming girls aged 8 to 11 to take part in this quintessential summer Sunday activity. The club is expanding its junior section and is keen to support girls of all cricketing levels and abilities, particularly those who have never picked up a bat before.

After successes with the club's girls-only

ECB Dynamos programme in recent years, the Histon Hawks will be participating in the U11 Cambridgeshire soft ball league this summer, as well as looking forward to some fun, inclusive club events and festivals with other local clubs across Cambridgeshire.

The Hawks are offering free try-outs on Sunday mornings for girls to give soft ball cricket a go in a fun, safe and inclusive environment.

Get in touch at histonhawks@gmail.com or visit www.histonhawks.com

Be bowled over this summer

Histon Bowls Club is endeavouring to change the image of lawn bowls from 'an old man's game' into a fun sport that can be enjoyed by all. To this end, the club is holding a summer Open Day on Sunday 12 May to promote this skilful and sociable sport.

20 or so local residents came to last year's event to try or return to lawn bowls and organisers are hoping even more will be curious and tempted to come along this year.

The club is under new chairmanship and has the support of the Parish Council and HI Friends. It has enjoyed success in recent summers, playing in five different leagues, a relaxed social league played usually on a Wednesday afternoon, and four leagues who play up to County level, played in the evenings. Practice sessions are held every week and new

players are encouraged to join in and learn from established club members.

Contact Andrew Grimmer on 07849 687349 for details.



Putting a spring in your step

The spring and early summer period is a key time for local wildlife, and a busy season for the volunteers at Histon & Impington Green Spaces (HIGS). They are planning a number of events to showcase the local wild green spaces to the community.

A nature trail for young families at Long Meadow takes place on Sunday 28 April. There are also guided birdsong walks at Croft Close set-aside in April, as well as a guided walk around the seasonal flowers and trees at Abbey Fields sites in May. In June HIGS will be part of the Cambridge Nature Festival, with a repeat of the moth and bird demonstration that proved popular last year, and in July they will have a stall at the Feast. Look out for 'walking stick walks', taken at a very slow pace with plenty of pauses to just enjoy being outside in nature.

Find more details on Facebook or visit www.abbeyfields.online



Charlie Edwards-Ainge

Families enjoying the Long Meadow April Nature Trail 2023

Incredible gardens

Did you know that over half of the 400,000 species of plants on earth are edible for humans? To find out which ones, head to Histon and Impington Garden Club on Tuesday 9 April, where Dr Gwenda Kyd will be giving a talk on incredible edible (and drinkable) plants. Then, on Tuesday 14 May, Nigel Start will be getting to grips with pruning, revealing the best techniques and timing to get the best from your trees and shrubs. Meetings are 7.30pm at the Methodist Church on Tuesdays and non-members are always welcome.

See www.histimpgardensclub.wordpress.com for details.

Unlocking secrets of the past

Custodians of our villages' rich history and heritage, the Histon and Impington Village Society are planning a summer programme with something for everyone. On 30 April, Katherine Mann, current owner of Histon Manor, presents a talk on former occupants, the Harding family, and on 28 May, William Franklin digs deep into our agricultural past, with *Histon and Impington: A Brief History of enclosure*. On 25 June, local residents will share *Village Memories* in a collection of short presentations. Then on 30 July, Honor Ridout will reveal all about the annual fair held on Stourbridge Common, rumoured to have inspired Bunyan's *Vanity Fair*. Talks are at 7.30pm at Histon Methodist Church on the last Tuesday of the month.

For details see www.histonandimpingtonvillagesociety.com



Mutual support with memory loss

The Forget-me-not Journey support group is a new group which meets on Fridays fortnightly at Kay Hitch Way Community Centre. It offers a warm and friendly mutual support group for those living with dementia or memory loss, and those who journey with them. It's a chance to find community with people who understand your situation. Interested in knowing more?

Contact Jan Payne on jan@hifriends.org.uk or call 07780 674563.

Inspiring women

Histon and Impington Women's Institute (WI) continues to go from strength to strength, having celebrated its 97th birthday last November and now having over 70 members. Recent talks from inspirational women have included Jan Watt, talking about the work of World Vision, and Pippa Heylings about one of the current national WI campaign themes – *Clean Rivers for People and Wildlife*. Talks coming up include the History of The Oregon Trail and the story of a local pilot who flew in the Battle of Britain. Meetings are on the third Thursday of the month at The Methodist Church at 7.30pm. Visitors are welcome for a £5 donation. Contact hisimpwi@gmail.com for more information.

The arts on your doorstep

Ever wanted to be a tourist in your own town? The Arts Society Granta are running a programme called 'Secret Cambridge', organising guided tours of local places of interest. Visits planned for the next few months include a guided tour of the Blake exhibition at the Fitzwilliam Museum and visits to the National Stud, as well as The Manor House and gardens at Hemingford Grey. Local committee members Julia Payne or Irena Milloy can arrange a companion to join you.

For full information and contact details visit www.theartsocietygranta.org.uk.

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Community in action

Singing on a summer's evening

To enjoy some majestic music this summer, head along to one of Choir 2000's June concerts. The village's popular 100-strong choral society will be bringing George Dyson's rarely performed *Canterbury Pilgrims* to audiences in Histon and Cambridge. Catch them at Histon Baptist Church on Saturday 29 June and at West Road Concert Hall, Cambridge on Sunday 30 June. Ticket sales will be online, and from choir members in May.

Choir 2000 rehearses on Wednesday evenings, 7.30 to 9.45pm at Histon Baptist Church and new members are always welcome.

For information and tickets find Choir 2000 on Facebook or visit www.choir2000.org



Calling all cake lovers

Get your cake fix at the Opportunity Playgroup's cake stall on the Green on Saturday 27 April from 8.30am. Volunteers with the group will be selling delicious homemade biscuits, whole cakes, cupcakes, scones and much more. All proceeds from the sale go to support the work of the playgroup, supporting children with additional needs and their families.

Visit www.opportunityplaygroup.co.uk

Midsummer mandolins

2024 marks the 20th anniversary of the Moonlight Mandolin Orchestra, the renowned Histon-based orchestra for plucked string instruments. To celebrate, the musicians are planning a series of events, including a magical evening's entertainment on 13 July at St Luke's Church, Cambridge, featuring Italian mandolinist Mauro Squillante.

The Orchestra is also helping host the British Banjo, Mandolin and Guitar (BMG) Federation's national festival, with players from six mandolin orchestras across the UK assembling for a weekend of music making. This gathering of clans will see hundreds of players of all abilities, from amateurs to internationally renowned professionals meeting from 5 to 7 April in the beautiful setting of Churchill College.

Visit www.moonlightmandolins.org



Your music society needs you!

For the perfect soundtrack to your summer, join Impington Music Society for concerts and recitals in the heart of the village. Friday 19 April will feature 20th century guitar solos and duets by classical guitarists Simon Pearce and Kianush Robeson. Then on Friday 17 May, the Cambridge Vocal Consort will sing madrigals and part songs, ranging from 16th Century music to arrangements of contemporary songs. Performances are in Impington Village College's Brackenbury Room, starting 7.30pm. Tickets are £10 at the door (£5 aged 18 or under).

Visit www.sites.google.com/site/impingtonmusicsociety

Volunteers are very welcome for various roles – helping organise the programme, supporting on performance days, helping with the website, social media and marketing, or suggesting musicians or genres. Sounds like you? Email impingtonmusicsoc@gmail.com

District and County

Working together for better roads

As a community, we all have a role to play in maintaining good quality roads and footpaths. The County Council has an additional £40m to spend on highways maintenance over the next two years, and while it is their responsibility to maintain our roads and pavements, it's also our job as local residents to report faults. If faults are not reported, the Council will not know about them, and that maintenance money will go elsewhere.

If you see a fault in a local road or footpath, use the online reporting tool at <https://highwaysreporting.cambridgeshire.gov.uk/>. For a highways emergency that poses an immediate danger to the public, call Cambridgeshire Highways on 0345 045 5212 during office hours, or Police on 101 outside of these hours.

Assessing care needs

If you or a friend or relative are struggling at home and need additional care, it's possible to get a care needs assessment. This can be booked online at www.cambridgeshire.gov.uk/residents/adults/organising-care-and-support/care-needs-assessment. If you are not happy with what happens, or are denied an assessment, contact County Councillor Ros Hathorn at ros.hathorn@cambridgeshire.gov.uk.

Histon Library opening hours

	Staffed	Open+ access
Monday	11am – 7pm	8am – 11am
Tuesday	2pm – 5pm	8am – 2pm
Wednesday	Closed	Closed
Thursday	9am – 5pm	8am – 9am
Friday	9am – 1pm	8am – 9am and 1.15pm – 7pm
Saturday	9am – 1pm	1.15pm – 4pm
Sunday	Closed	10am – 4pm

Bin collection dates

	Black Bin	Blue Bin	Green Bin
Fri 12 April	✓		
Fri 19 April		✓	
Fri 26 April	✓		✓
Fri 03 May		✓	✓
Fri 10 May	✓		
Fri 17 May		✓	✓
Fri 24 May	✓		
Fri 31 May		✓	✓
Fri 07 June	✓		
Fri 14 June		✓	✓
Fri 21 June	✓		
Fri 28 June		✓	✓
Fri 05 July	✓		
Fri 12 July		✓	✓
Fri 19 July	✓		
Fri 26 July		✓	✓

Milton Household Recycling Centre opening hours

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The legendary legion

Roger Hovells, Chairman of the Histon & Impington Royal British Legion Club tells Lucy Callington how a chance game of snooker turned into a 15 year stay at the club.

The Histon & Impington branch of the Royal British Legion (RBL) is something of an icon in the community. Most village residents will have set foot in there for one function or another, but how many know the full range of what the club – tucked away on Saffron Road – really has to offer?

Long-serving chairman Roger enthuses about what his club offers: “We’re a really popular venue. We hire the hall out in the daytime to everything from Jazzercise and line dancing to craft fairs, office meetings and mother and toddler groups and, in the evening, there are fundraisers, discos, quizzes, casino nights and more”.

The welcoming club, located in the heart of the village is also at the disposal of the community for its big life events such as birthdays and anniversaries, wedding receptions and wakes.

Attached to the place

Fifteen years ago Roger had popped into the club one Friday evening for a game of snooker with friends when he was approached by a RBL



Christmas Fair in the Fentiman Hall



Snooker at the Royal British Legion

committee member and asked if he’d like to join the committee. He did just that, but when the fortunes of the club took a turn and it was in danger of closing down, he was asked to take over the day-to-day running of the club. He accepted the challenge and the rest, as they say is history.

“I ran my own successful window cleaning business so I had skills I could bring to the club. Things started to fall into place and thankfully, the club started to move forward”.

Rich heritage

The original Legion club opened its doors in Saffron Road 75 years ago in February 1949 and the current building on the site was built in the late sixties by its members.

The Royal British Legion is the UK’s leading Armed Forces charity. Its members get together in its clubs all over the country to take part in social, fundraising and welfare activities, with the goal of keeping Remembrance alive. Through their clubs it also provides financial, social and emotional care and support to all members of the British Armed Forces – past and present and their families.

And it’s certainly a mainstay for the community – and a place to make and meet friends. Histon’s club bar is filled with regulars and drop-in customers alike. There’s darts, snooker, pool, cribbage and card games plus community bingo on Thursday evenings.

Roger is keen to sing the praises of his club’s facilities, saying: “This is a big asset to the local community, as there aren’t many other venues with the size halls we have to host events. It’s a great place for kids to run around! We can seat up to 140 people in the large Fentiman hall (named after a fallen soldier), so it’s perfect for parties and our smaller rooms work well for



The Fentiman Hall

smaller scale meetings. A high point of what we do here is constantly working with new clients to bring new functions into the club. Plus, any profit made in the club, stays in the club which plays a big part in the local community”.

Links with the community are certainly strong, and the Histon club has close ties with clubs as diverse as the Histon & Impington Model Railway Club, the Little Downham Pigeon Club and the Pye Pension Association who hold their monthly meetings in Histon.

Roger is also proud to support the work of Histon Hornets who play a big part in the football community for Histon & Impington. They hold their monthly coaches’ meetings there and even the Christmas disco for the younger Hornets who, every year without fail, charge around the Fentiman’s Hall and emerge, sweaty and full of sugar!

A lasting legacy

Roger is very appreciative of his role: “As club chairman for 15 years, I have to thank the support I have had from the members and the committee of the club. A big thank you goes out to the bar staff as well”.

Roger sums up his years in charge: “Sometimes, customers do ask why I have run the club for as long as I have, and I tell them that, as long as my heart is still in it, and the support is there from members, staff and committee – which it definitely is – I feel proud of this club’s history and that it will still be there for the community to use tomorrow”.

Anyone can attend events at the Histon & Impington Royal British Legion club. There is a loyalty card scheme which offers discounted drink prices, and members automatically join the Royal British Legion too. This gives access to other venues in the UK.

Visit www.histonrbl.co.uk/ for details.



Model Railway Club at the Royal British Legion

Living local | Windmill Grange



Tea and technology

Keen to find out how older members of the community are adapting to the digital world, Amanda Borrill and Liz Hill sat down for tea and cake with the residents at Windmill Grange.

Built in the 1990s, tucked away off Windmill Lane, sits Windmill Grange. Managed by residential property management company, Firstport, the privately-owned flats offer independent retirement accommodation for the over 55's. Residents may vary in age – and often mobility – but members of this mutually supportive community meet regularly in the comfortably furnished communal lounge, playing host to regular events organised by their very own social committee.

It's a truism that people of this age aren't IT literate, so – keen to dispel any unhelpful myths – we arranged a Friday afternoon chat with residents about their use of technology. We

were greeted by more than a dozen welcoming faces, all eager to share their thoughts. They may not be digital natives, but the group included residents using a range of technology in very many different ways.

Staying connected

Windmill Grange as a whole doesn't have communal broadband so most of the residents we talked to had their own internet connection in their flat. Landlines are becoming a rarity. Many now rely solely on their smartphones and some residents support each other via WhatsApp groups.

Good internet speed is seen as essential for staying connected to the wider world. Keeping in touch with relatives – especially distant grandchildren – is the priority for most. They rely on their mobile devices for this, with tech support provided by their families if needed, and they routinely use Skype to phone, FaceTime and videocalls.

Windmill Grange



Elaine wouldn't be without her iPad



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Families send photos to phones too, and resident Pat can even enjoy her slides and negatives from the 1950s and 60s, thanks to her son sending photos from a Slide and Scan digital film scanner for her to download.

Daily life

They may not be into Tik Tok crazes and influencers, but residents do enjoy a wide range of leisure activities online – anything from using Ancestry to trace a family tree, to word games, puzzles and sudoku. These all play a part in keeping their minds active, and several remarked how much easier those games are to play online rather than on paper.

While some residents use HI HUB to find out all the local news and What's On, others are especially grateful when HILights drops onto their door mat, giving them a taste of village life and the events and opportunities ahead.

Online banking, booking medical appointments and online shopping (a life-saver for those with limited mobility) are hugely valued by those who trust them and have mastered them. But engaging with these is challenging for some, who therefore have to grapple with the frustrations of phone or in-person alternatives.

Overcoming fears

For these residents, perhaps the main barrier to embracing more new technologies is confidence. Fearing scams, most won't answer their phones unless the caller ID is someone they know, and social media falls firmly into the 'suspicious' category, with widely held concerns about those infamous 'keyboard warriors'.



Residents gather for social events in the lounge

The benefits of well moderated community Facebook groups are recognised though, and resident Vera was delighted that the power of local social media had reunited her daughter with her lost cat.

Indeed, knowing the potential benefits of being digitally confident was a great incentive for some to face their fears and find out more about getting more tech savvy. The library's digital buddy scheme is hopefully coming back soon, and Wednesdays in term time see an hour-long tech support session offered at the nearby St Andrew's Centre by IVC students.

Virtual visits

Just because the Windmill Grange residents are technically 'digital immigrants', that doesn't mean they are all strangers to technology. Having sent her first email – a text message from a keyboard – from Virginia to the University of Michigan in 1981, resident Elizabeth still uses the same email address she has held since 1999. She was given her first PC as a leaving present following nearly two decades working for a small software company in the 80s/90s.

She explained that it wouldn't even have been possible to choose Windmill Grange without the internet. Living in Oxford before moving here in 2018, she wanted to move closer to Cambridge to continue her local history research. "I looked 'virtually' at many places and 'walked around' many neighbourhoods in East Anglia finding bus stops, looking

for pedestrian crossings, working out how convenient the building was to the local doctor/dentist and shops", she revealed. "Windmill Grange ticked all my boxes."

Ten years ago, Elizabeth didn't own a smartphone but now she can't imagine life without one. "In early 2018 my niece nagged me into buying one. It sat in its box for three months; I was afraid to open the lid", she revealed. "When I came to look at the flats here, I was still in denial about using a mobile phone but then I missed the bus from Cambridge and had no way to tell Tylers I was running late. After I bought the flat, coordinating the painter, electrician and carpet layer would have been impossible without my mobile."

Living and learning

As the saying goes, one is never too old to learn something new and this is certainly true of these bright and curious village residents. The benefits of the world of technology reach right across the ages. For the older generation, it can enrich their lives, keeping them connected with the world and, most importantly, with those they love and miss.

It can deliver reminders about medication and vital vaccinations, help to ease the difficulties that come with decreased mobility, and it can connect them with the communities in which they live. For these residents, it allows them to retain a voice and a validity in their older years.

And don't we all deserve that.

An advertisement for Sam Nightingale Travel Counsellor. It features a photograph of a person's face in profile, looking towards the right. The background is a soft-focus landscape with greenery and a building. The text on the right side of the ad includes the name 'Sam Nightingale', 'Travel Counsellor', a phone number '01223 855190', and an email address 'sam.nightingale@travelcounsellors.com' and 'travelcounsellors.com/sam.nightingale'.

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OUR UPCOMING COMMUNITY EVENTS

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Weekly Community Singing

Every Monday at 3pm

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Weekly Tai Chi

Every Thursday at 6.30pm

Feel the physiological and psychological benefits of Tai Chi during a weekly class which is suitable for all abilities.

Monthly Pub Quiz

Third Wednesday of every month at 3pm

Put your general knowledge to the test during our monthly pub quiz – form your own team or join in with others.



10 June 2023

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PROPERTY LAWYERS

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Selling a property as an executor



Being appointed as an executor to administer a person's estate after they have died can feel very daunting, and selling their property is one of the bigger tasks you will face. HI HUB sponsor Hayward Moon have some advice for how to handle this most difficult of tasks.

After someone dies, their property, possessions, money and other affairs need to be sorted out. This is called dealing with their estate. If the person who died left a will, it will name an executor, who is the person responsible for doing this work. If no will is left then it is usually the next of kin who is responsible. The executor then has legal authority for the estate of the deceased and can ultimately be held accountable for any mistakes made.

To avoid pitfalls, executors should follow these key steps when selling a property:

1. Ensure the sale is in the beneficiaries' best interest

The executors have a duty to act in the best interest of the beneficiaries. If a sole beneficiary wants to keep the property, then there is no sale process – the executor can transfer the property to them. This is known as an assent. Otherwise, the property will either be listed with an estate agent, or if a beneficiary is purchasing the shares from the rest of the beneficiaries, the property will need to go through a sale process.

2. Secure grant of probate

In order to sell, an executor will require a grant of probate. This is a legal document issued by the court that confirms the executor's authority to administer the estate. It is a good idea to start this process as soon as possible, as the probate registry can take a number of months. Although there is nothing preventing you from starting the conveyancing process without the grant of probate, you will need this to exchange contracts.

3. Find certificates and documents for the sale

It can be difficult to locate the FENSA certificate for the windows or a guarantee for roof work. However, if you do see any documents that could be useful to the buyer, it is important you keep these safe and hand these to your lawyer. Getting the facts straight from day one will speed up the conveyancing process.

4. Insure the property

It is important the property is insured. If the property is empty you would need to notify the insurance company, as there will be certain conditions you need to comply with.

5. Leave the property empty

It is important that you remove all items that are not included in the fixtures and fittings list on completion. As an executor you may not be able to simply throw items away. Executors are responsible for sorting possessions held in the deceased person's property and dealing with them in accordance with the will. This will take time, so it's a good idea to start this task early.

6. Tax implications

As an executor you need to consider all types of tax implications. The property may increase in value from the date of death until the date the sale is agreed, which could attract capital gains tax, therefore you should consider tax advice.

7. Limited knowledge

As an executor you may have limited or no knowledge of the property. If this is the case, it is perfectly acceptable to state 'not known,' or you may not be able to complete the forms at all. When you have no personal knowledge of the property, your conveyancer will ensure you sell with limited title guarantee.

8. Executor account

If you are administering the estate yourself, it is a good idea to open a separate account for the estate to ensure its money is separate from your own. You will need to provide these details to your conveyancer.

HI HUB sponsors, Hayward Moon, are conveyancing specialists throughout East Anglia with an office on Histon High Street. To find out more contact Julia Schofield www.haywardmoon.co.uk



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Village profile | Health and wellbeing

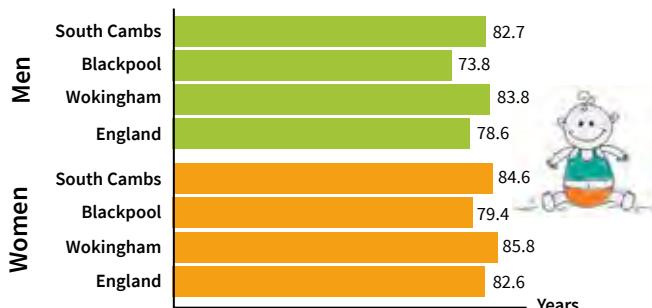
Health and wellbeing

Living in Cambridgeshire? Then you're already more likely to live a longer, healthier life free of disability than residents in much of the rest of England. Data from the 2021 census tells us about the health of the village, and the Office for National Statistics provides a helpful picture of the how the county compares with other parts of England.

1a Life expectancy (years)

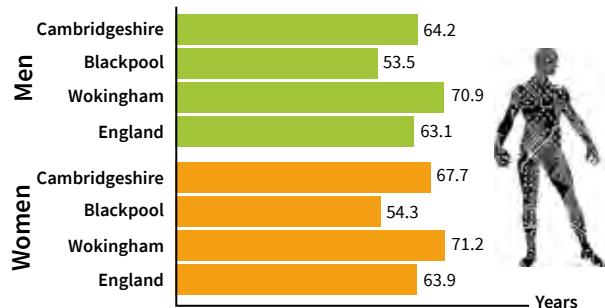
Residents in Histon & Impington have significantly greater life expectancy than those born in many other areas, such as Blackpool, which is consistently rated among the most income-deprived areas of the UK. But we're not expected to live as long as residents of Wokingham in Berkshire, named as one of the least deprived places in England.

A baby born in 2022 has the following life expectancy:



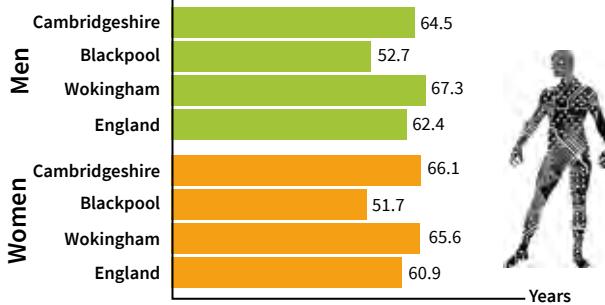
Source: Life expectancy for local areas in England, Northern Ireland and Wales: single year periods, 2018 to 2022 (ONS)

1b Healthy life expectancy (years)



Source: Health state life expectancy, all ages, UK (ONS 2022)

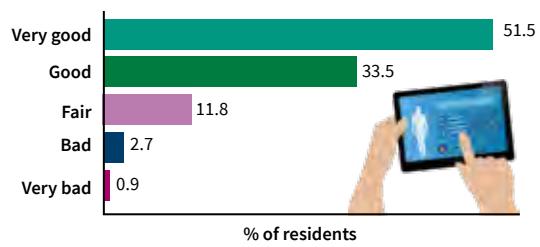
1c Disability-free life expectancy (years)



Source: Health state life expectancy, all ages, UK (ONS 2022)

2 General health

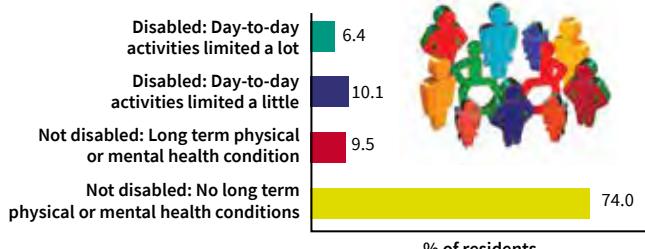
More locally still, the 2021 census reveals how the residents of Histon & Impington assess their own health – and we're slightly more positive than the population of England as a whole.



Source: Census 2021

3 Disability

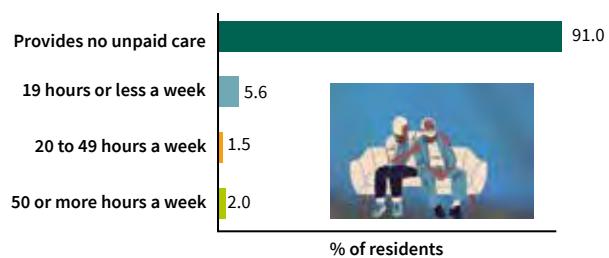
One in six Histon & Impington residents are classed as disabled under the Equality Act 2010, but many more report long-term physical or mental health conditions.



Source: Census 2021

4 Unpaid carers

More than 800 Histon & Impington residents are unpaid carers for people with long-term physical or mental ill-health conditions, illness or problems related to old age.



Source: Census 2021



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Gardening for free

As the days get longer and the garden springs into action, it's a great time to make new plants for free by using those you already have. Denise Walker of HI Open Gardens explains how to do it.

Propagating plants yourself is a great way to improve your garden without breaking the bank. Or you can share them with friends or donate them to the Open Gardens plant stall!

Dig and divide

As long as the weather is not too dry, spring is a great time to divide clumps of perennials, such as sedums, rudbeckia or hostas. As they spread, the centre of the clump becomes crowded or can even die off. Dividing the plant will rejuvenate it.

Simply dig the whole clump up, going wide and deep enough with your spade to keep most of the roots intact. Then, with your spade, chop it into a few pieces. Cut down vertically so that each new clump has a good section of roots attached. You can plant one back to replace the original and find new homes for the others. In some cases, such as hardy geraniums, or where self-seeders like achillea are growing too close together, you may be able to gently pull the individual plants apart.

Then water the plants in well and continue doing so for a while if the weather is dry. Plant them individually into pots of compost which will allow their roots to establish for a few weeks, before eventually planting out.

Get growing

April is perfect for sowing vegetable or flower seeds, and it's not too late to grow for Open Gardens. Courgettes, cucumbers and herbs are always popular, as are pretty annual flowers. You can sow smaller seeds together, sprinkled sparingly into a pot of compost on a windowsill. Water gently and keep moist but not too wet.

Once the seedlings have two or more sets of leaves, prick them out by gently levering out the roots (a lolly stick or pencil is good for this), while holding the seedling by the leaves, then transfer it to an individual pot. Larger seeds, such as squashes are sown individually into pots.

Most seedlings need to be kept inside or under cover until the danger of frost has passed; the seed packet will tell you the specific care needed and how deep to plant the seeds.

Happy gardening!

HI Open Gardens will take place on Sunday 16 June. You can donate your free plants to the Open Gardens stall which raises money for local charities. See www.opengardens.org for more details

Cut it out

The spring is also a good time to take cuttings. Pruning encourages strong, bushier growth, and for last Open Gardens I used the clippings from my pelargoniums to make about 30 little plants to sell on our stall. Evergreens and herbs, penstemons and salvias also work well.

Here's how to do it:



1-3: Taking cuttings of penstemon
4: Pottings on Salvia Amistad cutting once they have rooted

1. With secateurs, snip the top of a stem so that you have about four or five sets of leaves. Cut just below the lowest leaves and remove all except for the very top ones.

2. Make a hole at the edge of a pot of seed/compost and place it in, with just the top leaves protruding. Do this as quickly as you can, after cutting from the plant.

3. Water in and cover with a plastic bag, secured with an elastic band to stop them from drying out. A layer of fine grit adds insurance against rotting. Leave on a windowsill, keeping moist but not too wet.

4. Wait a few weeks. The appearance of new leaves is the sign that they have rooted, and you can gently transfer them to individual pots.

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Nature watch | hedgehogs

Right to roam

Nicole Barton puts out a rallying cry for volunteers to help save the humble hedgehog.



Logo competition entries

HI Hedgehog Champions, a local volunteer group dedicated to getting hedgehogs off the endangered species list, recently launched a competition asking nearly 50 primary school children to create their new logo. The local community were invited to choose their favourite from the amazing entries, and hundreds voted for the winner via the Facebook group HI People.

The winning entry – pictured here – was created by Emmeline, and the voters' enthusiastic comments reflect the love that people have for these creatures, which were once voted Britain's favourite animal.

Sadly, the hedgehog is one of the 1 in 6 of our native species threatened with extinction today. By becoming a HI Hedgehog Street Champion you could play a really practical role in bringing this much-loved species back from the brink.

Hedgehog highways

Nocturnal by nature, hedgehogs need to be allowed to easily travel the 2km a night they need to find enough food, water, shelter and a mate. Our fencing off of the landscape into ever smaller parcels means it's hard for them to travel these distances without expending precious extra energy avoiding busy roads.

HI Hedgehog Champions are looking for people to take responsibility for their own road and work together with their neighbours to create a free-flowing hedgehog highway that links all gardens and green spaces. Janet is one of the first HI Hedgehog Street Champions to adopt and survey her road, Macfarlane Close.

"We've always loved having hedgehogs roaming through our garden, and I am very happy to be a Hedgehog Street Champion" she said. "I have been chatting with my neighbours to see how we can link up and create interconnected routes for the hedgehogs to wander safely. They seem to have fairly regular hunting grounds and we have opened up a few new gaps under fences and gates so they can forage for more food and water without going near our busy roads."

Champions like Janet will be supporting their neighbours to take simple steps to help hedgehogs, encouraging them to leave wild areas

in their gardens for shelter and the hedgehog's insect rich diet; to reconsider the use of snail and slug killers that harm hogs; and to put out wet or dry meat-flavoured cat and dog food, and plentiful water when it's hot.

Be a Hedgehog Champion

The group is looking for a Hedgehog Champion for every street in H&I. They will be one of 100,000 champions affiliated to the national Hedgehog Street scheme. Hedgehog Champions will:

- Raise awareness around wider hedgehog welfare and ensure everyone knows how to make their gardens and streets as hog friendly as possible.
- Receive support and resources from H&I Sustainability. You will be supported in your role with agreed in advance expenses, stationery and any tools and labour needed to cut holes/dig troughs.
- Be part of a supportive friendly group that meets occasionally to make plans and celebrate successes.



The hedgehog highway



The winning logo design

Back from the brink

The hedgehog story may yet have a happy ending as signs suggest that the numbers in urban environments may be on the up from an all-time low, proving that the actions of garden owners really can make a difference.

Planning guidance adopted by South Cambridgeshire District Council requires new developments to "...feature gaps for hedgehogs and other species to roam more freely," and Histon & Impington Parish Council are looking into making the areas they are responsible for accessible.

Contact HIHedgehogs@gmail.com to be part of this conservation story at a street level, or to find out more.

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Free wheeling into Cambridge

Chris Davie



Cross safely at the A14 roundabout

As the mornings get lighter and the days get warmer, could you be tempted to have a go at cycling into Cambridge? Chris Davie shares ten tips to get you started.

Do you ever cycle into Cambridge... or could you? Lots of us do – and I promise, once you've done it, there's no going back. It's less than 4 miles from the centre of Histon to the centre of Cambridge so within half an hour you and your family can be exploring all that the City has to offer. You can park your bike right next to the shops, museums, parks, river activities, restaurants and University sights, taking it all in while filling your lungs with lovely fresh air.

You have just saved on petrol; there are no parking charges or struggles to find a space; you haven't had to wait for the number 8 bus; you can ride past the traffic jams; you don't pollute or contribute to climate change; and you've got fitter into the bargain. What's not to like?

If you haven't done it before – or you have and need a refresher – here are some top tips to make that ride into the City as pleasant – and safe – as possible.

1. Is your bike ok?

Start by checking your ABCs as a minimum:

A: Air in the tyres. Not too low, and definitely not too high. The pressures you need are marked on the tyres.

B: Brakes. Check they work and can stop you safely.

C: Chain. Is it broken? Rusted? Does it work? If not it either needs lubrication or a new chain.

If your bike's been sitting in the back of the garage for ages, consider getting it serviced.

2. Clothing

Lycra isn't for everyone, but be careful about wearing clothing or accessories that could cause problems. Flapping trousers, laces or a loose scarf could easily get caught in the chain or around a wheel. Also, it will feel cooler as you ride, so wear layers that can be removed when you reach the City. Hi-vis vests, costing as little as £4, are a great safety feature, and can be tucked into a bag when you arrive.

3. Essential accessories

Wearing a helmet is not compulsory, but cyclists should always wear them. They reduce the risk of head injury by 51%, serious head injury by 70%, and face injury by 33%. On HI Bicycle Club rides, we have witnessed some accidents that would have been far, far worse had it not been for riders wearing helmets.

Always have front and back lights with you. These days most are lightweight, easily detachable and rechargeable. It is **illegal** in the UK to ride at night without lights, and when daylight fades you can see where you're going, and other road users can see you. Small daytime flashing lights are great too, letting other road users see you more easily.

4. Time to ride

Avoid rush hours during the week and busy times at weekends. The time of day when you set off or return home makes a big difference: the less traffic, the safer the ride. And if you're just getting started riding to Cambridge, choose a lovely day when the sheer pleasure of this form of transport will be immediately obvious.

5. Position on the road

Never hug the kerb because this increases the chances of drivers whizzing past you without leaving appropriate space. You'll also have to contend with drains, cambered surfaces and debris like broken glass. Moving away from the kerb might feel uncomfortable – but being in the main stream of traffic helps you get treated like traffic. Remember, you **ARE** traffic and are safer there. Being in a dominant centre lane 'primary position' decreases the risks of unsafe passes and makes you more visible. In slower moving traffic, move to the left to about 1m from the kerb to let traffic pass when it's safe for them to do so.

6. Cars turning left

Be aware of cars around you, especially those next to you, and try to pre-empt what they might want to do. Cars turning left are a particular danger to cyclists. They should wait behind cyclists before turning left and not cut across you. The same goes for cars pulling out of junctions in front of you. Not seeing you means they could pull out dangerously, so make sure you're very visible. Riding in that 'primary position' helps.

7. Road etiquette

Appropriate road etiquette allows cyclists to happily share the roads with vehicles and pedestrians, so:

- Follow the rules of the road (as in the Highway Code)
- Be aware of your surroundings
- Signal your intentions
- Look before changing lanes
- Avoid wearing headphones or earbuds – you need all your senses to cycle safely
- Smile and avoid confrontation – you are cycling for pleasure after all

8. Red lights

It is **illegal** – and very dangerous – to cycle through red traffic lights. From Histon to the City centre there are multiple sets of lights on the most direct route (see below). Some have cycle lanes beside the main road and others have Advanced Stop Lines (cycle-only boxes) which are a safe place for cyclists to wait for the green light.

When approaching traffic lights, shift into a gear that you can accelerate away in, cover the brakes, and look behind you. Always assume that you might have to stop. If traffic conditions allow, adjust your speed so that you time your



Histon Road/Victoria Road junction

arrival at the lights to avoid stopping. Start slowing down if you see an amber or red as you approach. It's easier to stop when you're going slowly, and the light may change, enabling you to carry on.

9. The best route

There are various routes into the City depending on where you want to go. One very straightforward option is to use Water Lane / Bridge Road (B1049), heading over the A14 roundabout. There are a number of cycle-friendly features along the way, but there are a few tricky bits. To help you navigate these, see the full route details with photos on HI HUB at www.hihub.info/cycle-route-to-cambridge/.



10. Parking

There are plenty of suitable places to park in the City – just make sure you aren't chained to something you shouldn't be, or blocking any access.

Bike theft and cycle crime is rife so always lock the bike for any period of time if you want it to be there when you return. Remove all easily detachable accessories – those lovely lights and the cycle computer for example. Ideally use two 'D' locks to secure both wheels and the frame to a suitable post. Or use one 'D' lock and a chain to secure wheels and frame to a post or cycle rack. A 'Sold Secure Gold' rated lock is best.

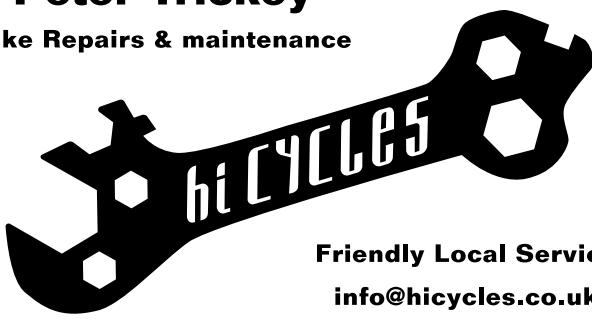
Last but not least, enjoy yourself. Whether you're about to make your first cycle trip into Cambridge or your 1,000th, these ten tips will mean you can ride confidently and safely into the very heart of the beautiful city on our doorstep. Those of us who do it regularly can keep that pleasure a secret no longer.

Chris Davie is Secretary of Histon and Impington Bicycle Club. If you're interested in joining them, see the website at histonimpingtonbicycleclub.org.uk, on Facebook at Histon & Impington Bicycle Club | Facebook or email hisimpbc@gmail.com.

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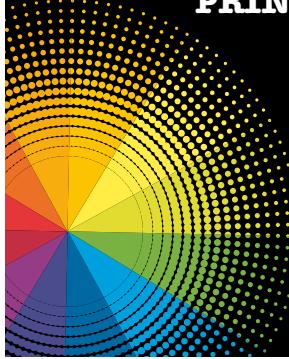
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A	I	E	I	M	L	P	S	A	E	L	I	F	E
N	F	B	V	E	L	O	R	C	W	A	I	M	L
D	F	M	S	R	E	G	L	I	O	E	I	F	R
S	O	O	N	S	S	E	I	C	N	U	S	H	A
H	T	C	A	M	S	E	S	N	C	T	E	L	B
A	S	E	V	A	R	E	F	H	H	L	O	H	E
R	O	H	H	R	T	H	E	B	O	O	T	U	H
E	P	C	S	K	C	S	R	A	H	B	U	E	T
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7	5			6									
			3	1									6
						5	1						
	2		3	5		9							
4	3					6	8						
		9		4	7		2						
	4	6											
5			9	6									
			4			8	2						2

Photos
1. First House Surgery 2. Bell Hill 3. New Road
4. Impington Lane 5. The Green 6. Print-Out window



Sudoku

Wordsearch
Theboot, FishVault, PrintOut, Estelles,
PostOffice, GinkHouse, Carter, Netball,
CarerAndSharer, FarmersMarket, Tesco,
Bechecombes, Bakker, Telers,
ThebarelyMow - all on the High Street

Answers
Wordsearch
Sudoku

Where is this?

You'll find all these places in Histon & Impington... but where?

1.



2.



3.

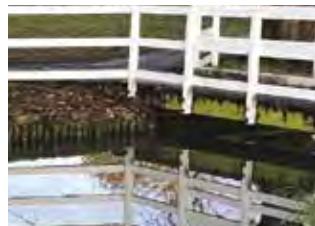


David Berry

4.



5.



David Berry

6.



Jemma Bonhill

Prize winners

Congratulations to winners Michael Gill and Roger Brett whose complete solutions were the first to be drawn from all the entries to the HILights Prize Cryptic Crossword (*HILights Jan-Mar 2024 p29*). They will be enjoying tea and cake courtesy of competition sponsor Saint Andrew's Café.



Café Manager Darren draws the winning entries

The solution is:

Across: 2 IndianOcean 7 Put 9 Oops 10 Riot 11 Rail 12 Idiot 13 Histonand 17 Red 18 The 20 Way 21 Due 23 Lie 26 Rugby 28 Impington 31 Oddly 33 Eels 34 Ikat 35 Sage 36 Nag 37 SaintAndrew

Down: 1 Apraxia 3 Neptune 4 Arid 5 Carter 6 Netball 8 To let 12 Inn 14 Dry 15 Odd 16 Vue 18 Tog 19 Ely 20 Wei 22 Gropius 24 Village 25 College 27 Bootln 29 May 30 Green 32 Lion

Getting to know... Praduman Zala



Praduman Zala will be a familiar friendly face to many in the village as he has spent the last 4 years as postmaster at Histon & Impington Post Office.

His is the cheery smile you will have encountered either behind the Post Office counter or serving customers in the front of the shop – a dab hand with everything from passport renewals to party balloons.

Having previously worked in the hospitality industry before sharing his talents with Histon & Impington, it seems Praduman has always been a people person. The family man lives in Stow Cum Quy with wife Twinkle and three young daughters Sakshi, Kayra and Navya and – between work and family life – he doesn't have much in the way of spare time. As Prad puts it: "life seems to get busier every day, but all the moments spent with my family are precious."

When he does get a moment to himself, Prad dabbles with local sport. He has previously played cricket for Histon Cricket Club and enjoyed badminton with friends at Impington Sports Centre. He says: "Sport is something I'd love to become more involved with in the coming years, when the business allows."

First ever job?

My first paid job in the UK was in the Cheshunt Marriott Hotel as a house porter. I had a great time with my colleagues and learnt a lot from them when I was just starting out in my career.

Which superpower would you like?

Definitely time travel.

Best holiday ever?

I recently visited family and friends in India with my daughters for a couple of weeks, and also spent five incredible days in Dubai before coming home. The children's grandparents visit us often, but this was still a really special time for them. We also love to spend Christmas in Edinburgh – it's so festive.

First car?

I loved my first car. It was a red Nissan Micra, 1991 model.

Cat or dog?

We've never had a cat before, so it has to be dogs!

Historic hero?

Our great Queen Elizabeth II.

How your partner/friends would describe you?

To my face, they would say I'm organised, but behind my back... I'm not sure!

Beer or wine?

Beer all the way – and I'm very proud to be a sponsor for the Histon Beer Festival.

Favourite ever shoes?

My first ever Adidas trainers.

Most unappealing habit?

I was always pretty good with being on time when I was younger, but now I always seem to be rushing and I will still be a few minutes late. I blame all the traffic on the roads.

Favourite band?

I enjoy lots of different music and it depends on my mood.

Film or theatre or TV?

Definitely TV, because my sofa is so comfortable and I always fall asleep!

What last made you angry?

Careless drivers. There aren't many, but there is always one.

Most successful sporting moment?

Not for me personally, but England winning the 2005 Ashes series. It was such a special win – the first after losing eight series to Australia.

Best thing about Histon & Impington?

What amazes me the most in this village are the community volunteers. The amount of work they put in is incredible.

Worst thing about Histon & Impington?

I haven't come across anything yet, but will keep an eye out!

Who else should we get to know?

If you know someone in the village who makes a valuable contribution to the life of our community, then tell us who they are and briefly why you think we should feature them. Send us their contact details and we'll take it from there! Email news@hihub.info

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* Home visits can be arranged for residents in the village unable to come to the clinic





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